



THREE ONE-MINUTE MEDITATIONS [1]

Goal of Handout: To teach three easy short meditations.

Application: Food addicts can use these meditations to stabilize the brain at times of stress, food cue, exposure, fatigue, or transition from one activity to another.

Breathing

- Find a peaceful place and seat yourself comfortably.
- Calm your mind and set a timer for one minute.
- As you start your timer, start focusing on your breath.
- Just focus on your breath for one minute...the rise and fall of your chest, and the expansion and contraction of your diaphragm.
- Whenever you catch your mind wandering off, gently bring it back to focusing on your breath.

Conscious Observation

- Find a peaceful place and seat yourself comfortably.
- Pick up your calming cue.
- Hold it in your hand or just place it in front of you, and observe the object.
- Allow your attention to be completely absorbed by the object. Do not judge it or make an intellectual assessment of the object. Just observe the object and its features. The color, the texture, the sensation of holding it in your hand. Be aware of the thoughts and feelings your mind produces with regards to the object.
- Again, whenever you are distracted, bring your mind back to the object.
Done properly, this exercise can give you a feeling of 'being awake'.

Being aware of your surroundings

- Find a peaceful place and seat yourself comfortably.
- Start observing your surroundings, for example, in your room.
- Look at each and every detail of every object, its color, its texture and every other detail. Be mindful of all these details. Again, do not judge or make any intellectual analysis of these objects.
- When you do this exercise, you become aware of many things you may be missed earlier, despite having seen the same objects day in and day out. Your consciousness really opens up to your surroundings. Isn't it beautiful to find out new details of these everyday objects?

Excerpted from

1. Hannis, L., *Meditation: Relieve Stress, Find Inner Peace, Achieve Transcendence*. 2016.